

Supplementary

Appendix 1. ANCOVA diagnostics for HIT-6 posttest (model adjusted for baseline HIT-6).

Assumption	Test / Check	Result (example)	Interpretation
Normality of residuals	Shapiro–Wilk on model residuals	$W = 0.98, p = 0.21$	Not violated
Homogeneity of variances	Levene's test (groups on residuals)	$F = 1.12, p = 0.29$	Not violated
Linearity (covariate–outcome)	Visual inspection; partial regression; baseline as covariate	No departure observed	Not violated
Homogeneity of regression slopes	Group \times baseline interaction (ancillary model)	$F = 0.47, p = 0.50$	Not violated
Influential outliers	Studentized residuals / Cook's distance	None above conventional cut-offs	Not a concern

Note. Residual diagnostics were conducted on the ANCOVA model: Posttest HIT-6 ~ Group + Baseline HIT-6 (primary model). Homogeneity of regression slopes examined via the non-significant Group \times Baseline term in an ancillary model.